

What is claimed is:

1. Food or a pharmaceutical composition for preventing hypertension, which inhibits the elevation of blood pressure via the long-term oral ingestion thereof and comprises at least one member selected from among acetic acid, acetate ion, and acetate.
2. The composition according to claim 1, which comprises at least one member selected from among acetic acid, acetate ion, and acetate in amounts of 0.36 g to 30 g in total (in terms of acetic acid) per 1,000 g of composition.
3. The composition according to claim 1 or 2, wherein the intake of at least one member selected from among acetic acid, acetate ion, and acetate is adjusted to 0.5 g to 5 g in total (in terms of acetic acid) per day.
4. The composition according to any one of claims 1 to 3, wherein the period of ingestion is 3 weeks or longer.